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ABSTRACT

In response to an alarming drop in girls' self-esteem in early adolescence, this parents' guide provides suggestions for raising daughters to become confident, healthy, and independent. Chapter 1, "Yesterday's Daughters," examines how cultural messages inhibit girls' development. Chapter 2, "Raising an Opinionated Daughter," suggests how to help girls establish and voice their opinions, including selecting courses and writing letters to the editor. Chapter 3, "Establishing Positive Role Models and Mentors," focuses on helping girls contact positive role models and mentors and deal with negative role models. Chapter 4, Developing Physical Strength and Personal Safety Skills," discusses personal safety, home maintenance skills, sports, eating disorders, and physical maturation. Chapter 5, "Participating in the World," concerns expressing self-confidence through community involvement, including working vacations and political activities. Chapter 6, Learning Conflict-Resolution Skills," examines negotiation skills, personal responsibility, and curbing "girl bashing." Chapter 7, "Helping Her to Articulate Her Value," discusses helping girls make healthy choices and using tools such as memory journals to record her experiences. Chapter 8, "Developing Financial Independence," concerns building responsibility for personal finances, including saving, investing, and earning money. Chapter 9, "Planning for Success: Entrepreneurism," focuses on career preparation, including developing a small business and avoiding negative work connotations. Chapter 10, "Lifelong Learning," highlights the importance of parent involvement in their daughter's education. Chapter 11, "Feeling Good From the Inside," concerns self-awareness, dealing with moods, and relationships with boys. Chapter 12, "Honoring Family Traditions and Identity," advocates using family traditions and customs to build personal identity. (KB)